

Title:

Self-Growth: When Everything Falls Apart

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Summary:

We often have the perception that self-growth will be simple, enjoyable, and rewarding. It cer

One of the major parts of self-growth is learning how to look inside yourself and get clear ab

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Article Body:

We often have the perception that self-growth will be simple, enjoyable, and rewarding. It cer

One of the major parts of self-growth is learning how to look inside yourself and get clear ab

The problem is that these deep-rooted beliefs are part of the foundation upon which our curren

That's what happened to me this week. My eyes were opened in a big way about a blockage I had

I spent a couple of days feeling shell-shocked. Then another couple of days grieving. Then the

As painful as it is, it's a good thing, because my life circumstances were built on lies. The

In my own experiences, I've noticed that there is a direct correlation between the size of the

So, how do we deal with the pain and fear when everything falls apart? Our first reaction migh

In order to complete the process, we need to stay with it. Yes, there will likely be pain and

Here's how to stay with the process through its completion:

1) Look closer. When everything falls apart, pay special attention to the exact circumstances

2) Grieve. Yes, you MUST allow yourself to grieve! Just because the old circumstances were bui

3) Follow through with the destruction. As much as you might want to try and "fix" everything

4) Form new beliefs. Once you dissolve your old beliefs, you will need to form new beliefs to

5) Begin rebuilding. This is the fun part! It can be a bit confusing, however. What do we buil

This isn't an easy process by any means. But it is oh so fulfilling and exhilarating if we emb

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